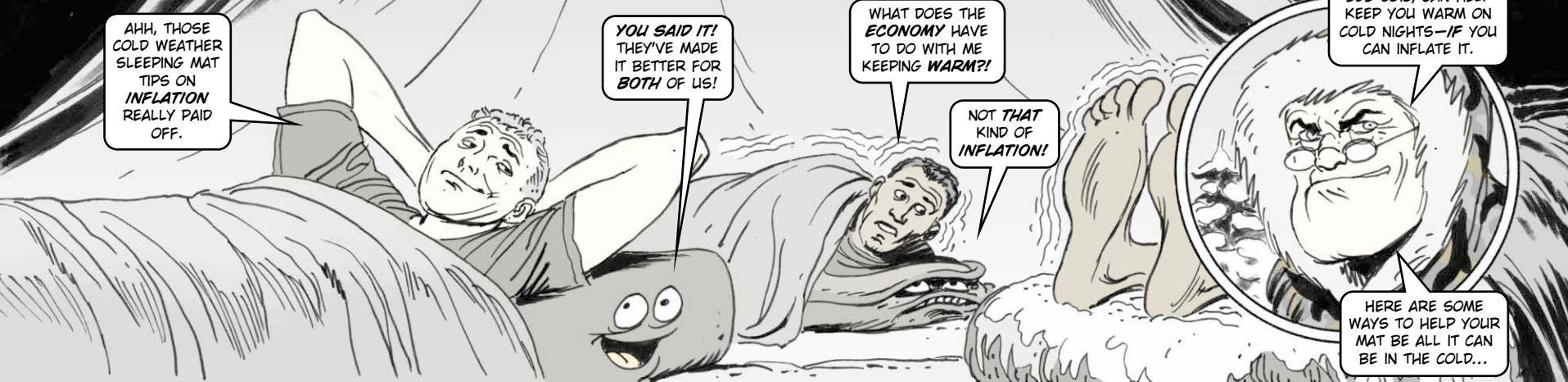


TAKING COLD

TO THE MAT



1. Carry the mat next to your body or unroll the mat and lie down on it for a few minutes before inflating it. Your body heat will warm the foam, which helps it inflate.



2. Open the valve and let the mat inflate as much as possible.



3. Close the valve, fold the mat two or three times, and sit on it. Your weight stretches the foam, increasing its ability to inflate.



4. Open the valve again and let the mattress fully inflate.



If you're going to be sleeping on snow, over-inflate the mat a bit by blowing extra air into the mat after it stops self-inflating. That makes the mat a little firmer, but the added air increases the loft of the foam and provides better insulation. As the air in the mat cools, it also contracts. The extra air takes care of that.

When sub-freezing temperatures are the norm for several weeks, though, stop using your own air power to blow up the mat. Condensation from your breath can accumulate inside the valve, freeze, and plug the valve. Then you can't inflate or deflate the mat.